

Full Report (All Nutrients) 01072, Dessert topping, pressurized

Report Date: July 05, 2017 03:28 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.29

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 70g	1 tbsp 4g
Proximates						
Water	g	60.37	3	0.437	42.26	2.41
Energy	kcal	264	--	--	185	11
Energy	kJ	1103	--	--	772	44
Protein	g	0.98	4	0.669	0.69	0.04
Total lipid (fat)	g	22.30	13	0.995	15.61	0.89
Ash	g	0.28	3	0.080	0.20	0.01
Carbohydrate, by difference	g	16.07	--	--	11.25	0.64
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	16.07	--	--	11.25	0.64
Minerals						
Calcium, Ca	mg	5	5	1.627	4	0
Iron, Fe	mg	0.02	2	--	0.01	0.00
Magnesium, Mg	mg	1	1	--	1	0
Phosphorus, P	mg	18	4	7.637	13	1
Potassium, K	mg	19	3	13.518	13	1
Sodium, Na	mg	62	5	14.442	43	2
Zinc, Zn	mg	0.01	1	--	0.01	0.00
Copper, Cu	mg	0.024	--	--	0.017	0.001
Manganese, Mn	mg	0.045	--	--	0.032	0.002
Selenium, Se	µg	1.5	--	--	1.1	0.1
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 70g	1 tbsp 4g
Thiamin	mg	0.000	1	--	0.000	0.000
Riboflavin	mg	0.000	3	--	0.000	0.000
Niacin	mg	0.000	1	--	0.000	0.000
Pantothenic acid	mg	0.000	--	--	0.000	0.000
Vitamin B-6	mg	0.000	--	--	0.000	0.000
Folate, total	µg	0	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	0	--	--	0	0
Choline, total	mg	0.0	--	--	0.0	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	4	--	--	3	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	47	--	--	33	2
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	78	--	--	55	3
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.85	--	--	0.59	0.03
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	5.5	--	--	3.9	0.2
Lipids						
Fatty acids, total saturated	g	18.912	--	--	13.238	0.756
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.449	3	0.031	0.314	0.018
10:0	g	0.642	3	0.060	0.449	0.026
12:0	g	8.014	3	1.076	5.610	0.321
14:0	g	3.246	3	0.431	2.272	0.130

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 70g	1 tbsp 4g
16:0	g	2.408	3	0.201	1.686	0.096
18:0	g	4.166	3	0.680	2.916	0.167
Fatty acids, total monounsaturated	g	1.927	--	--	1.349	0.077
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	1.929	3	1.457	1.350	0.077
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.241	--	--	0.169	0.010
18:2 undifferentiated	g	0.241	3	0.192	0.169	0.010
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	1	--	0	0
Phytosterols	mg	20	--	--	14	1
Amino Acids						
Tryptophan	g	0.014	--	--	0.010	0.001
Threonine	g	0.041	--	--	0.029	0.002
Isoleucine	g	0.060	--	--	0.042	0.002
Leucine	g	0.097	--	--	0.068	0.004
Lysine	g	0.079	--	--	0.055	0.003
Methionine	g	0.030	--	--	0.021	0.001
Cystine	g	0.004	--	--	0.003	0.000
Phenylalanine	g	0.053	--	--	0.037	0.002
Tyrosine	g	0.056	--	--	0.039	0.002
Valine	g	0.070	--	--	0.049	0.003
Arginine	g	0.039	--	--	0.027	0.002
Histidine	g	0.029	--	--	0.020	0.001
Alanine	g	0.031	--	--	0.022	0.001
Aspartic acid	g	0.069	--	--	0.048	0.003
Glutamic acid	g	0.223	--	--	0.156	0.009

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 70g	1 tbsp 4g
Glycine	g	0.020	--	--	0.014	0.001
Proline	g	0.110	--	--	0.077	0.004
Serine	g	0.060	--	--	0.042	0.002
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0